

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Iron, Fe (mg) ; Folate, total (µg)

Food Subset: Abridged List
Ordered by: Nutrient Content
Measured by: Household
Report Run at: June 28, 2016 05:00 EDT

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	16.24	405
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	16.22	200
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	16.22	200
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	16.20	--
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	16.18	200
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	15.01	400
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	14.22	972
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	12.80	13
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	12.61	280
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	11.95	149
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	9.81	1225
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	9.74	861
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	9.69	238
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	9.66	7
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	9.52	67
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	9.39	418
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	9.18	460
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	9.13	319
11450	Soybeans, green, raw	256.0	1.0 cup	9.09	422
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	8.99	200
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	8.42	449
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	8.40	200
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	8.36	420
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	7.83	12
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	7.83	131
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	7.51	5
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	7.02	26
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	6.53	322

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	6.09	8
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	6.04	251
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	6.01	200
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	5.92	63
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	5.91	26
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	5.80	229
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	5.78	316
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	5.47	7
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	5.40	130
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	5.40	130
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	5.38	4
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	5.30	120
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	5.30	56
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	5.27	159
20143	Teff, cooked	252.0	1.0 cup	5.17	45
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	5.15	76
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	5.08	173
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	4.99	190
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	4.95	95
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	4.91	15
07911	Liverwurst spread	55.0	0.25 cup	4.87	16
12084	Nuts, butternuts, dried	120.0	1.0 cup	4.82	79
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	4.82	102
09085	Currants, zante, dried	144.0	1.0 cup	4.69	14
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	4.63	7
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	4.56	146
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	4.51	100
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	4.50	14
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	4.50	100
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	4.50	80
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	4.50	100
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	4.50	58
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	4.50	200
20314	Corn grain, white	166.0	1.0 cup	4.50	--
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	4.48	64
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	4.48	47

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11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	4.45	28
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	4.45	28
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	4.44	121
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	4.44	3
11015	Asparagus, canned, drained solids	242.0	1.0 cup	4.43	232
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	4.37	22
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	4.31	10
16009	Beans, baked, canned, with pork	253.0	1.0 cup	4.30	91
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	4.29	225
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	4.22	227
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	4.21	30
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	4.17	44
20132	Oat flour, partially debranned	104.0	1.0 cup	4.16	33
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	4.13	18
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	4.08	13
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	4.03	5
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	4.03	8
20130	Barley flour or meal	148.0	1.0 cup	3.97	12
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	3.86	170
20648	Sorghum flour, whole-grain	121.0	1.0 cup	3.80	30
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	3.78	33
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	3.74	60
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	3.70	136
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	3.62	46
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	3.60	240
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	3.60	234
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	3.53	105
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	3.53	29
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	3.48	--
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	3.47	8
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	3.46	67
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	3.39	13
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	3.35	37
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	3.33	20
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	3.32	150
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	3.29	63

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08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	3.29	41
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	3.28	8
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	3.27	104
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	3.20	78
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	3.18	64
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	3.18	12
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	3.17	8
20090	Rice flour, brown	158.0	1.0 cup	3.13	25
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	3.08	68
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.07	11
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	3.06	--
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	3.01	5
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	3.00	216
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	2.99	16
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	2.98	75
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	2.95	15
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	2.90	89
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	2.90	57
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	2.88	58
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	2.86	129
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	2.85	54
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	2.84	79
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	2.82	86
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	2.82	47
07939	Frankfurter, pork	76.0	1.0 link	2.81	2
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.77	4
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.75	4
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.75	7
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	2.73	90
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	2.71	29
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	2.71	173
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.71	6

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13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.70	8
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	2.70	100
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	2.68	13
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	2.62	--
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	2.61	72
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	2.60	0
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	2.57	115
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	2.56	5
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	67.0	1.0 serving	2.55	--
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	2.52	--
09428	Rowal, raw	114.0	0.5 cup	2.51	--
11211	Edamame, frozen, unprepared	118.0	1.0 cup	2.49	358
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	2.45	15
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	2.45	36
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	2.42	51
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	2.41	10
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	2.40	7
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.38	8
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	2.38	181
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.36	8
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	2.35	8
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	2.34	0
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	2.34	--
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.34	6
11215	Garlic, raw	136.0	1.0 cup	2.31	4
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	2.31	142
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	2.30	0
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	2.30	7
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	2.29	46
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	2.28	54
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2.26	3
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.24	3

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18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	2.21	13
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	2.21	5
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	2.17	65
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	2.16	8
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	2.14	10
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	2.14	5
11304	Peas, green, raw	145.0	1.0 cup	2.13	94
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	2.12	15
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	2.11	--
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	2.09	13
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2.06	--
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	2.04	41
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.03	5
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.02	15
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	2.00	15
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	2.00	24
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2.00	--
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	1.99	17
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.99	--
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	1.98	15
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	1.96	--
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	1.91	3
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	1.90	--
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	1.90	35
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	1.89	1
21023	Fast foods, french toast with butter	135.0	2.0 slices	1.89	73
09437	Tamarind nectar, canned	251.0	1.0 cup	1.88	3

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11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	1.87	1
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.86	10
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	1.86	16
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	1.85	210
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.84	17
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.84	3
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.84	1
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.83	--
18177	Cookies, molasses	28.35	1.0 oz	1.82	25
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.81	--
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.81	1
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	1.81	68
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	1.81	53
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.80	16
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	1.80	79
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	1.80	100
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	1.80	100
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	1.80	71
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	1.79	--
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.78	1
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.78	7
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	1.77	70
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	1.77	70
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.77	3
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	1.77	2
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	1.76	39
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.76	1
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.76	8
06731	Soup, bean with bacon, condensed, single brand	128.0	1.0 serving 1/2 cup	1.75	--
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	1.74	102

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.74	--
09083	Currants, european black, raw	112.0	1.0 cup	1.72	--
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	1.72	13
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	1.71	3
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	1.69	5
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.68	3
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	1.66	--
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	1.66	--
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	1.66	22
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.66	18
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	1.66	--
02043	Spices, turmeric, ground	3.0	1.0 tsp	1.65	1
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.64	13
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.63	6
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	1.63	5
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	1.63	58
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.62	--
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.62	3
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	1.62	5
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	1.62	18
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	1.60	244
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	1.59	32
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	1.58	4
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	1.57	64
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	1.55	8
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	1.55	3
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	1.54	68
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.54	7
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	1.53	26
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	1.53	12
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.52	--
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	1.52	27

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.51	16
21415	POPEYES, biscuit	60.0	1.0 biscuit	1.51	55
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	1.49	109
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	1.48	15
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	1.46	72
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	1.46	72
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	1.46	90
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	1.46	32
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	1.46	0
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.44	7
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	1.44	33
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.44	7
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	1.44	8
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	1.42	34
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.42	--
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	1.41	--
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	1.40	--
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	1.40	27
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	1.39	21
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	1.39	38
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	1.38	45
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.38	14
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	1.37	27
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	1.37	27
18967	Bread, white wheat	28.0	1.0 slice	1.37	36
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	1.37	19
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	1.36	30
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	1.36	17
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	1.36	5
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	1.36	8
09205	Oranges, raw, with peel	170.0	1.0 cup	1.36	51
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.35	79

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	1.34	0
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	1.34	28
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	1.34	15
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	1.34	18
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	1.33	63
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	1.33	5
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	1.33	6
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	1.33	4
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.32	9
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	1.32	25
18236	Cracker meal	28.35	1.0 oz	1.32	39
18963	Garlic bread, frozen	43.0	1.0 slice presliced	1.31	80
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	1.29	28
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	1.29	34
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	1.28	3
01115	Whey, sweet, dried	145.0	1.0 cup	1.28	17
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	1.28	7
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	1.28	22
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	1.27	2
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	1.26	105
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.25	9
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	1.25	43
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	1.25	34
11122	Cardoon, raw	178.0	1.0 cup, shredded	1.25	121
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	1.24	0
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	1.24	2
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	1.24	61
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	1.24	20
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	1.24	3
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.23	4
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	1.23	8
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	1.23	5
11098	Brussels sprouts, raw	88.0	1.0 cup	1.23	54
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	1.23	75
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	1.23	39
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	1.22	20

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	1.22	18
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	1.21	--
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	1.21	51
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1.20	1
09043	Blackberry juice, canned	250.0	1.0 cup	1.20	25
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	1.20	1
18972	Bread, cheese	48.0	1.0 slice	1.20	51
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	1.19	28
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	1.19	9
09059	Breadfruit, raw	220.0	1.0 cup	1.19	31
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	1.19	40
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	1.18	16
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	1.18	--
18043	Bread, protein (includes gluten)	28.35	1.0 oz	1.18	33
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	1.17	8
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	1.17	0
09278	Plantains, cooked	200.0	1.0 cup, mashed	1.16	52
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	1.16	13
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	1.15	13
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	1.15	170
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	1.15	12
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	1.15	--
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	1.15	17
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	1.14	12
18157	Cookies, chocolate wafers	28.35	1.0 oz	1.14	13
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	1.14	3
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	1.13	33
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	1.12	103
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	1.12	83
09084	Currants, red and white, raw	112.0	1.0 cup	1.12	9
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	1.12	23
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	1.11	1
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	1.10	87
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	1.10	19
18385	Bread, wheat germ, toasted	28.35	1.0 oz	1.10	32

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	1.10	40
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	1.09	21
11080	Beets, raw	136.0	1.0 cup	1.09	148
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	1.08	200
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	1.08	48
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	1.08	31
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	1.08	1
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	1.07	75
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	1.07	14
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	1.06	--
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	1.06	14
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	1.06	2
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	1.05	31
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	1.05	49
18064	Bread, wheat	29.0	1.0 slice	1.04	25
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	1.04	1
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	1.02	47
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	1.02	69
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	51.0	1.0 serving	1.01	--
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	1.01	27
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	1.01	13
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	1.01	243
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	1.01	3
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	1.00	22
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	1.00	3
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	1.00	25
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	0.99	--
11086	Beet greens, raw	38.0	1.0 cup	0.98	6
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.98	48
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.97	2
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.97	8
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.97	3
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.97	3
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.96	33
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.96	25

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.96	3
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.96	11
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.95	4
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.95	0
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.95	49
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.95	49
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.94	29
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.94	28
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.94	3
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	0.94	38
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.94	20
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.93	13
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.93	4
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.92	97
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.92	50
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	0.92	6
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.92	4
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.90	27
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.90	8
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.90	25
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0.90	4
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.90	13
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.90	16
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.89	6
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0.89	10
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.89	0
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.89	31
09277	Plantains, raw	148.0	1.0 cup, sliced	0.89	33
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.89	10
18037	Bread, oat bran	28.35	1.0 oz	0.88	23
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0.88	7
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.88	103
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.88	24
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.88	18
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.87	16

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
18066	Bread, wheat bran	28.35	1.0 oz	0.87	30
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.87	23
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.87	0
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.87	--
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.86	202
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.86	1
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.86	23
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.86	33
11427	Purslane, raw	43.0	1.0 cup	0.86	5
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.85	8
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.85	--
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	0.85	--
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.84	23
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.83	15
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.83	32
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	0.83	--
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.82	26
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.82	0
18170	Cookies, fig bars	28.35	1.0 oz	0.82	10
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.82	8
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.82	134
11457	Spinach, raw	30.0	1.0 cup	0.81	58
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	0.81	1
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.81	36
18060	Bread, rye	28.35	1.0 oz	0.80	31
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.80	25
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.80	0
18025	Bread, cracked-wheat	28.35	1.0 oz	0.80	17
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.79	13
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.79	7
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.78	5
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.78	0
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.78	0
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.78	7

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.78	24
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.78	0
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.78	58
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.77	5
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.77	0
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	0.77	--
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.77	13
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.76	13
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.76	15
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.76	8
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.76	8
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.76	0
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.76	11
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.75	8
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.75	9
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.74	6
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.74	24
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.74	4
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.74	17
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.74	7
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.73	104
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.73	17
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.73	28
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.73	2
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.72	15
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.72	11
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.72	15
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.72	2
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.72	3
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	0.72	4
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.72	9
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.72	11
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.72	5
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.72	7

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	0.72	--
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	0.72	--
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.72	--
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.71	27
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.71	8
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.71	13
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	0.71	--
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.71	22
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.71	53
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.71	13
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.70	3
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.70	6
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	0.69	--
18214	Crackers, cheese, regular	14.2	0.5 oz	0.69	22
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.69	11
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	0.69	36
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.69	18
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.69	12
01035	Cheese, provolone	132.0	1.0 cup, diced	0.69	13
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.68	10
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.68	24
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.68	0
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.68	15
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.67	8
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0.67	20
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.67	3
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.67	50
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.66	6
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.66	23
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.66	41
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.66	24
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.66	24
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.66	19
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	0.66	4
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.66	87

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.65	3
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.65	0
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.65	11
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.65	5
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.65	16
11203	Cress, garden, raw	50.0	1.0 cup	0.65	40
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.65	28
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.64	15
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.64	2
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.64	10
19415	Snacks, potato sticks	28.35	1.0 oz	0.64	11
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.64	4
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.64	10
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.64	20
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	0.63	--
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	0.63	2
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.63	50
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.63	0
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.63	14
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.62	17
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.62	6
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.62	3
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.62	3
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	0.61	14
18241	Croissants, cheese	28.35	1.0 oz	0.61	21
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.61	11
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.61	10
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.60	1
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.60	8
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.60	8
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.60	14
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.60	4
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.60	12
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.60	5
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.60	16

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.60	9
09164	Litchis, raw	190.0	1.0 cup	0.59	27
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	0.58	16
18242	Croutons, plain	14.2	0.5 oz	0.58	19
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.58	1
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	0.58	--
18239	Croissants, butter	28.35	1.0 oz	0.58	25
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.57	49
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.57	3
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	0.56	14
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.56	20
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.56	2
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.56	5
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.56	8
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.56	45
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.56	19
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.55	4
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.55	4
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.55	--
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.55	16
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.54	0
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.54	141
01030	Cheese, muenster	132.0	1.0 cup, diced	0.54	16
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0.54	3
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.54	18
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.54	24
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.54	--
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.53	4
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	0.53	3
02039	Spices, savory, ground	1.4	1.0 tsp	0.53	--
06432	Soup, beef broth, bouillon, consommé, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.53	2
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	0.53	--
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.52	22
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.52	12

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.52	8
07921	Bacon and beef sticks	28.0	1.0 oz	0.52	1
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.51	--
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.51	5
18245	Danish pastry, cheese	28.35	1.0 oz	0.51	17
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.51	3
01057	Eggnog	254.0	1.0 cup	0.51	3
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.51	--
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.50	6
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.50	2
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.50	--
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.50	5
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.49	8
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.49	--
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.49	6
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.48	53
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.48	23
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.48	6
11154	Chicory roots, raw	60.0	1.0 root	0.48	14
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.48	23
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.48	92
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0.47	17
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.47	15
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.47	8
11965	Cauliflower, green, raw	64.0	1.0 cup	0.47	36
09107	Gooseberries, raw	150.0	1.0 cup	0.46	9
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.46	--
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.46	15
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.46	7
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.46	10
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	0.46	2
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.46	--

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.45	5
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.45	0
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.45	12
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.45	--
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.44	20
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0.43	7
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.43	14
07926	Salami, Italian, pork	28.0	1.0 oz	0.43	1
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.43	6
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.43	--
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	0.42	--
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.42	0
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.42	17
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.42	7
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	0.41	--
07971	Bologna, meat and poultry	33.0	1.0 slice	0.41	2
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	0.41	--
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.41	14
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.40	2
18243	Croutons, seasoned	14.2	0.5 oz	0.40	15
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.40	67
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.40	17
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.40	3
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.40	3
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.40	1
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	0.40	--
11429	Radishes, raw	116.0	1.0 cup slices	0.39	29
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.39	12
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.39	--
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.39	--
18224	Crackers, rusk toast	14.2	0.5 oz	0.39	12

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.39	--
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.39	0
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0.39	18
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.39	11
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.38	34
11124	Carrots, raw	128.0	1.0 cup chopped	0.38	24
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.38	2
02015	Spices, curry powder	2.0	1.0 tsp	0.38	1
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.38	10
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.37	1
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.37	9
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.37	4
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	0.37	7
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.37	4
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0.37	--
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	0.37	--
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	0.37	--
19181	Candies, YORK BITES	39.0	15.0 pieces	0.37	0
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.37	12
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	0.37	--
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.36	54
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.36	1
11620	Drumstick pods, raw	100.0	1.0 cup slices	0.36	44
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.36	15
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0.36	1
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	0.36	--
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.36	5
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.36	3
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.36	3
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.36	8
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0.36	2

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.36	--
02021	Spices, ginger, ground	1.8	1.0 tsp	0.36	0
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	0.35	--
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.35	8
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.35	5
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.34	--
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.34	3
02005	Spices, caraway seed	2.1	1.0 tsp	0.34	0
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.34	1
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.34	8
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.34	14
11282	Onions, raw	160.0	1.0 cup, chopped	0.34	30
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.34	15
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.33	2
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.33	44
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.33	3
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.32	3
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.32	47
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.32	47
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.32	19
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.32	4
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.32	3
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.32	5
15013	Fish, cisco, raw	79.0	1.0 fillet	0.32	12
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.32	1
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.31	16
01144	Egg substitute, powder	9.9	0.35 oz	0.31	12
18240	Croissants, apple	28.35	1.0 oz	0.31	16
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.31	3
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.31	3
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.31	2
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	0.31	--

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.31	0
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.30	10
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.30	3
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.30	5
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.30	2
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.29	8
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.29	9
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.29	8
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.29	31
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.29	8
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.29	36
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.28	6
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	0.28	--
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.28	0
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.28	0
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.28	1
21416	POPEYES, Coleslaw	120.0	1.0 package	0.28	--
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.27	13
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.27	4
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.27	27
09176	Mangos, raw	165.0	1.0 cup pieces	0.26	71
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.26	0
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.26	1
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.26	9
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.25	19
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	0.25	--
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.25	13
09252	Pears, raw	140.0	1.0 cup, slices	0.25	10
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.25	1
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.25	60
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.25	5
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	0.25	--
20134	Rice noodles, cooked	176.0	1.0 cup	0.25	2
01109	Milk, sheep, fluid	245.0	1.0 cup	0.24	17
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.24	7
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.24	7

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.24	2
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.24	4
02022	Spices, mace, ground	1.7	1.0 tsp	0.24	1
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.24	60
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.24	23
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.23	1
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.23	3
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.22	6
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.22	0
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	0.22	--
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.22	26
09160	Lime juice, raw	242.0	1.0 cup	0.22	24
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.22	13
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.22	0
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.22	4
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.22	4
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0.21	1
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.21	0
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.21	0
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	0.21	--
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.21	1
11213	Endive, raw	25.0	0.5 cup, chopped	0.21	36
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.21	1
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.20	1
09152	Lemon juice, raw	244.0	1.0 cup	0.20	49
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.19	2
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.19	8
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.18	36
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.18	3
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.18	30
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.18	12
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.18	5
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.18	2
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.18	--
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.18	2
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	0.17	--

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
01040	Cheese, swiss	132.0	1.0 cup, diced	0.17	13
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.16	3
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.16	70
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.16	14
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.15	--
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.15	1
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.15	15
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.15	15
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.15	15
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.15	2
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.15	9
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.15	2
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.15	10
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.15	1
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.14	12
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.14	0
15033	Fish, haddock, raw	85.0	3.0 oz	0.14	10
15014	Fish, cisco, smoked	28.35	1.0 oz	0.14	1
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.14	8
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.14	19
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.14	5
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.14	0
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.13	0
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	0.13	3
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.13	3
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.13	1
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.13	3
11151	Chicory, witloof, raw	53.0	1.0 head	0.13	20
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.12	5
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.12	2
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.12	12
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.12	5
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.12	17
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.12	3
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.12	21

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.12	10
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.11	11
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.11	--
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.11	0
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.11	16
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.11	2
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.10	1
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.10	2
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.10	15
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.10	0
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.10	15
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.09	0
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.09	0
01007	Cheese, camembert	28.35	1.0 oz	0.09	18
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.09	3
09173	Longans, dried	1.7	1.0 fruit	0.09	--
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.09	14
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.09	0
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.09	14
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.09	0
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.09	1
01004	Cheese, blue	28.35	1.0 oz	0.09	10
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.09	8
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.08	12
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.08	0
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.08	0
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.08	14
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.08	8
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.08	0
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.08	4
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.08	0
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.08	0
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.07	4
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.07	1
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.07	0
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0.07	0

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.07	2
02045	Dill weed, fresh	1.0	5.0 sprigs	0.07	2
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.06	3
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.06	3
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.05	1
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.05	1
09216	Orange peel, raw	6.0	1.0 tbsp	0.05	2
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0.05	0
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.05	0
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.04	2
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.04	0
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.04	0
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.04	1
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.04	1
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	0.04	--
01031	Cheese, neufchatel	28.35	1.0 oz	0.04	4
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.04	5
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.04	0
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.04	0
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.03	0
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.03	3
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.03	2
11959	Arugula, raw	2.0	1.0 leaf	0.03	2
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.03	1
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.03	0
01124	Egg, white, raw, fresh	33.0	1.0 large	0.03	1
11447	Sesbania flower, raw	3.0	1.0 flower	0.03	3
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.02	3
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.02	0
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.02	0
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.02	1
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.02	1
01017	Cheese, cream	14.5	1.0 tbsp	0.02	1
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.02	1
09129	Grapes, muscadine, raw	6.0	1.0 grape	0.02	0
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.02	1

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.02	1
01072	Dessert topping, pressurized	70.0	1.0 cup	0.01	0
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.01	0
01070	Dessert topping, powdered	43.0	1.5 oz	0.01	0
11216	Ginger root, raw	2.0	1.0 tsp	0.01	0
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.01	0
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.01	2
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.01	2
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.01	0
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.01	1
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0.01	3
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.01	0
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.01	0
02050	Vanilla extract	4.2	1.0 tsp	0.01	0
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.00	0
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.00	0
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.00	1
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.00	0
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.00	0
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.00	0
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.00	0
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.00	0
04583	Oil, mustard	14.0	1.0 tbsp	0.00	--
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	0.00	--
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.00	--
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	0.00	--
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.00	--
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.00	--
04001	Fat, beef tallow	12.8	1.0 tbsp	0.00	--
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.00	--
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	0.00	--
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.00	--
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.00	--
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.00	2

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure	Folate, total(µg) Per Measure
06997	Gravy, CAMPBELL'S, beef	59.0	0.25 cup	0.00	--
04582	Oil, canola	14.0	1.0 tbsp	0.00	--
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	0.00	--
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.00	--
06326	Gravy, CAMPBELL'S, turkey	59.0	0.25 cup	0.00	--
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.00	--
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.00	--
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.00	--
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.00	--
14559	Beverages, water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	0.00	--